



Women & Addictions

Living with an addiction is like walking around every day with an iron ball and chain shackled to your leg. It goes everywhere with you, weighs you down, keeps you from reaching your full potential, and controls your life. Every thought, action, and emotion can be dependent on this burden that you are dragging around. It could be drugs, alcohol, and tobacco – anything that is consuming your life and impairing your ability to make rational decisions.

ADDICTION: The state of being enslaved to a habit or practice – something that is psychologically or physically habit-forming, to such an extent that its cessation causes severe trauma. Some of the signs and symptoms of someone struggling with addiction would look like this:

- Change in personality or tolerance level for people such as lying, manipulative behaviors
- Significant change in sleeping and eating patterns
- Feeling that you need the substance regularly and in some cases, intense cravings throughout the day
- Doing things to obtain the drug that you normally would never do, such as stealing or prostituting yourself
- Feeling that you need the substance to deal with your problems
- Inability to fulfill major responsibilities at home, school, or work
- Requiring more of the substance to produce the same effect
- Repeated attempts and failures to limit substance use
- Spending significant time using, recovering from, or obtaining a substance
- Isolating from your family

Daily Bible Reading a must:

John 8:36 *“If the Son therefore shall make you free, ye shall be free indeed.”*

Romans 6:16 *“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?”*

1 Corinthians 6:12 *“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”*

1 Corinthians 10:13 *“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”*